

## Tomato Spoon Salad<sup>5</sup>

Number of Servings: 5 (85.81 g per serving)

Amount	Measure	Ingredient
1 1/8	cup	Tomatoes, red, cnd, whole, not drained
3/8	ea	Peppers, bell, green, sweet, fresh, med, 2 1/2"
1/3	cup	Celery, fresh, diced
1/8	ea	Onion, med, fresh FDA
1 1/8	tsp	Spice, celery seeds
7.00	tsp	Vinegar, white, distilled
7.00	tsp	Sugar

### Nutrients per serving

Nutrition Facts			
Serving Size (86g)			
Servings Per Container			
Amount Per Serving			
Calories 30	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 75mg	3%		
Total Carbohydrate 7g	2%		
Dietary Fiber 1g	4%		
Sugars 6g			
Protein 1g			
Vitamin A 2%	Vitamin C 20%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

Mix all together. Refrigerate overnight. Serve at 40 degrees or colder in cold dish.  
Serve 1/2 cup with 4 oz spoodle or #8 scoop.